



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Statistics Report 09513, Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD

Report Date: June 30, 2017 06:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	87.22	2	--	87.14	87.3	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Energy	kcal	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Energy	kJ	210	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Protein <sup>1</sup>	g	0.63	2	--	0.63	0.63	--	--	--	1	Analytical or derived from analytical	--	06/2015
Total lipid (fat) <sup>1</sup>	g	0.36	2	--	0.35	0.38	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Ash <sup>1</sup>	g	0.28	2	--	0.27	0.29	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Carbohydrate, by difference	g	11.51	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fiber, total dietary <sup>1</sup>	g	0.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Sugars, total <sup>1</sup>	g	10.16	2	--	10.15	10.17	1.0	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	3.61	2	--	3.61	3.62	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Glucose (dextrose) <a href="#">1</a>	g	2.25	2	--	2.25	2.26	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Fructose <a href="#">1</a>	g	4.29	2	--	4.28	4.3	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Lactose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Maltose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Galactose <a href="#">1</a>	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	7	2	--	6	7	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Iron, Fe <a href="#">1</a>	mg	0.39	2	--	0.38	0.41	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Magnesium, Mg <a href="#">1</a>	mg	9	2	--	9	9	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Phosphorus, P <a href="#">1</a>	mg	24	2	--	23	25	1.0	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a>	mg	145	2	--	139	151	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Sodium, Na <a href="#">1</a>	mg	3	2	--	3	4	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Zinc, Zn <a href="#">1</a>	mg	0.06	2	--	0.06	0.06	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Copper, Cu <a href="#">1</a>	mg	0.040	2	--	0.04	0.04	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Manganese, Mn <a href="#">1</a>	mg	0.076	2	--	0.07	0.08	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Selenium, Se	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	31.3	2	--	26.9	35.6	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Thiamin <a href="#">1</a>	mg	0.050	2	--	0.05	0.05	--	--	--	1	Analytical or derived from analytical	--	06/2015
Riboflavin <a href="#">1</a>	mg	0.085	2	--	0.08	0.09	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Niacin <a href="#">1</a>	mg	0.455	2	--	0.44	0.47	1.0	--	--	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <sup>1</sup>	mg	0.026	2	--	0.01	0.04	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Folate, total <sup>1</sup>	µg	14	2	--	14	15	1.0	--	--	1	Analytical or derived from analytical	--	06/2015
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Folate, food	µg	14	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Folate, DFE	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Choline, total	mg	5.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin A, RAE	µg	70	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Carotene, beta	µg	794	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Carotene, alpha	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Cryptoxanthin, beta	µg	87	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin A, IU	IU	1408	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2014
Lycopene	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015

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Lutein + zeaxanthin	µg	38	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin E (alpha-tocopherol)	mg	0.42	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin K (phylloquinone)	µg	1.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
<b>Lipids</b>													
Fatty acids, total saturated	g	0.105	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
4:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
6:0 <sup>1</sup>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
8:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
10:0 <sup>1</sup>	g	0.013	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
12:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
14:0 <sup>1</sup>	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

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15:0 <sup>1</sup>	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:0 <sup>1</sup>	g	0.061	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
17:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:0 <sup>1</sup>	g	0.018	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:0 <sup>1</sup>	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:0 <sup>1</sup>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
24:0 <sup>1</sup>	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total monounsaturated	g	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
14:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
15:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated <sup>1</sup>	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:1 c <sup>1</sup>	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
17:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 undifferentiated <sup>1</sup>	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 c <sup>1</sup>	g	0.026	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 t <sup>1</sup>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:1 <sup>1</sup>	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:1 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
24:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Fatty acids, total polyunsaturated	g	0.112	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
18:2 undifferentiated <sup>1</sup>	g	0.093	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 n-6 c,c <sup>1</sup>	g	0.093	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 CLAs <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 t not further defined <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 undifferentiated <sup>1</sup>	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.019	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:4 <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:2 n-6 c,c <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:3 undifferentiated <i>1</i>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:3 n-6 <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:4 undifferentiated <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:5 n-3 (EPA) <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:4 <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:5 n-3 (DPA) <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
22:6 n-3 (DHA) <i>1</i>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fatty acids, total trans-monoenoic	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19c, 2015 Beltsville MD